

MANAGEMENT OF MUTRASHMARI (UROLITHIASIS) – CASE STUDY

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ABSTRACT

Mutrashmari is the third commonest disorder of Mutravaha srotas (urinary tract) and one among the Ashtamahagada (eight fatal conditions) and is Kaphapradhan Tridoshaja Vyadhi, which is correlated with urolithiasis. It is the major cause of morbidity. Urolithiasis is an important encountered kidney disorder in clinical practice. Many treatment modalities have been adopted in medical sciences, but it is quite expensive and also the pathogenesis behind recurrence of formation of stone cannot be avoided. Hence, it is necessary to find out an economical effective, easily available medicine to treat Mutrashmari. **Objectives:** The aim of this study was to evaluate the efficacy of Yavaksharadi Yoga in Mutrashmari w.s.r. to urolithiasis. **Materials and Methods:** It is a single case study. 23year old patient approached the OPD with complaints of pain abdomen associated with nausea, vomiting and burning micturation. Ultrasound of abdomen revealed that left side hydronephrosis due to obstruction by calculus (5.6x4mm) in distal ureter. It was diagnosed as Ashmari based on signs and symptoms and investigational reports. The patient was administered with Shaman Aushadhi. **Results:** The patient got 80% results in chief and associated complaints, and during and after the completion of therapy there was an improvement in the quality of life of the patient. **Conclusion:** Satisfactory relief in symptoms was seen in patient after 1 month of Shaman Chikitsa.

KEYWORDS: Mutrashmari, Shaman Chikitsa, urolithiasis, Yavaksharadi yoga.

INTRODUCTION

Ashmari comes under Mutravaha srotovikara and Ashtamahagada,^[1] as described in Susruta Samhita. In Sushruta Samhita it is explained that, the formation of Mutrashmari is due to drying up of Kapha because of the action of Vata and Pitta. Mutravega avarodha or vegadharana is another cause attributed to the formation of Ashmari.^[2]

Urolithiasis is one of the most common disease of the urinary tract. It is the condition where urinary stones are formed or located anywhere in the urinary system. Urinary saturation→ Super saturation→ Nucleation→ Crystal growth→ Crystal aggregation→ Crystal retention→ Stone formation.^[3] These stones are intensely painful as they pass through the ureters and out through the urethra also. Incidence of calculi varies as per

geographical distribution, sex and age group. The highest incidence of calculi occurs between the ages of 30 to 50 years, male and female ratio is 3:1.^[4]

Many treatment modalities have been adopted in modern medicine to treat the disease but it is quite expensive and also the pathogenesis behind recurrence of formation of stone persist. Therefore it is necessary to find out an economical, effective, easily available and acceptable medicine to treat Mutrashmari. In Ayurvedic literature all sorts of methodologies including surgical technique have been described. Acharya Susrutha said that before going for surgical procedures one should try with oral medications like Ghrita (Medicated ghee), Taila (Medicated oil), Paneeya Kshara (medicated Alkali preparation) etc. which possesses the properties such as Chhedana (Cutting / Breaking), Bhedana (Splitting), Lekhana (Scarification) and Mutrala (Diuretic) for

facilitating the disintegration of the Urinary stones.^[5] Hence in this present clinical study, Yavaksharadi Yoga,^[6] is selected for the Management of Mutrashmari.

AIMS AND OBJECTIVES

The aim of this study was to evaluate the efficacy of Yavaksharadi Yoga in the management of Mutrashmari with special respect to urolithiasis.

MATERIALS AND METHODS

It is a single case study and the informed consent of the patient is taken in his own language.

CASE REPORT

A 23years old male patient came to OPD at Sri Siddharoodha Hospital attached to N K Jabshetty Ayurvedic Medical College, Bidar on 03 June 2022 presented with complaints of pain abdomen associated with nausea, vomiting and burning micturition, diagnosed as Urolithiasis and advised for surgery. There was no previous history of Urolithiasis or any other significant medical illness. Patient had no history of Diabetes Mellitus, Hypertension or Thyroid problems. He was not under any medication for any ailments.

Family History: No relevant history

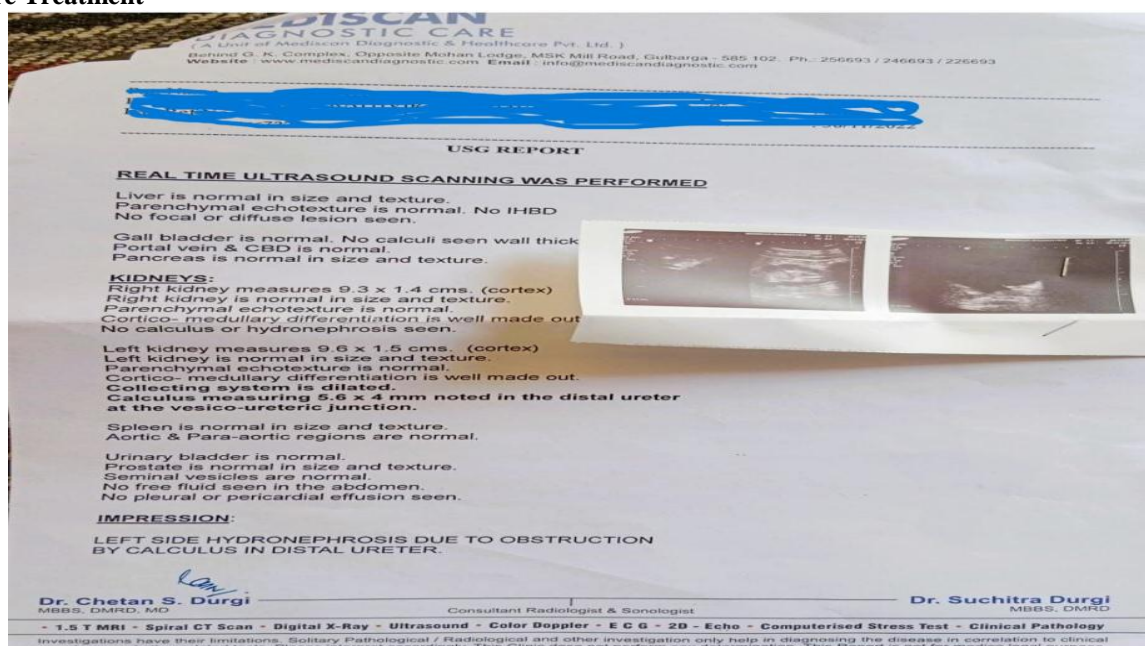
OBSERVATION AND RESULTS

Table 1: Assessment of Patient.

Complaints	0 day	10 th day	20 th day	30 th day
Pain abdomen	Severe	Moderate	Mild	Nil
Burning micturition	Severe	Moderate	Mild	Nil

RESULTS

Before Treatment



After Treatment

Personal History

Bowel: Regular

Appetite: Good

Micturition: 9-11times/day, 1 time/night

Sleep: Disturbed

Physical Examination: Patient was well built

B.P: 130/80 mm of Hg

P.R: 76 bpm

Systemic Examination

CVS: S1, S2 heard, No added sounds

CNS: NAD

RS: NAD

GIT: No scars, soft, no organomegaly, Tenderness: present at left hypochondriac region.

Specific Examination

Inspection: No scars

Palpation: tenderness at left hypochondriac region

Investigation: Ultrasonography of abdomen & pelvis was suggestive of left side hydronephrosis due to obstruction by calculus (5.6x4mm) in distal ureter.

Clinical Diagnosis: Mutrashmari (Urolithiasis)

Yavaksharadi Yoga: It contains one part of Yavakshara and five parts of Gokshura choorna. 6gm BD with buttermilk before food for one month. Pathya Apathya is advised to the patient.



Patient reviewed after 3 month and 6 month no any complaints and USG Abdomen and Pelvis also normal.

Table 2: Pathya – Apathya.

Ahara varga (food habits)	Pathya	Apathya
Vegetables	Carrots, Karela (Bitter guard), Potatoes, Radish, Pumpkin.	Brinjal, Beans, Lady finger, Capsicum, Tomato, Cucumber, Palak.
Cereals	Barley, Moong dal, Horsegram	Fine wheat flour (Maida), Oat meal
Fruits	Bananas, Lemon, Apricots, Plums, Apple, Almonds.	Black Grapes, Amla, Kiwi, Strawberries, Chickoo.
Miscellaneous	Coconut water, Lemon juice, Aloevera Juice, pineapple Juice, Butter milk.	Coffee, Cashew nuts, Chocolates.
Healthy food	Papaya, Garlic, Yoghurt.	Rajmah, Mushroom, Cauliflower, peas.
Vihara (activities)	Regular exercises	Day sleep, Controlling natural urges.

Table 3: Probable Mode of Action or Samprapti Vigatana.

Samprapti ghataka	Mutrashmari	Yavaksharadi yoga and Takra use
Dosha	Tridosha	Tridoshagna
Dushya	Mutra	Mutrala
Agni	Jataragnimandya	Deepana, Pachana
Srotas	Mutravaha srotas	Mutrala
Udbhava sthana	Amashaya and Pakwashaya	Shoolagna
Sanchara sthana	Siras, amapakvashayagat mutravaha srotas	Mutrala
Adhistana	Mutravaha srotas and basti	Mutrala
Vyaktasthana	Mutravaha srotas and basti	Mutrala
Dusti prakara	Sanga	Chedana, Bhedana and Lekhana
Rogamarga	Madhyama	Ashmari bedhana
Vyadhiswabhava	Mutra apravruttijanya vicar	Mutra pravruttikaraka
Sadhyasadhya	Kruchhra, sastrasadhya	Sadhya

DISCUSSION

Gokshura contains potassium nitrate rich in quantity, which acts as an alkalizer⁷. Further, when it is combined with yavakshara, synergetic action of alkalizer is enhanced and appreciating the results in disintegration

and elimination of urinary stones from urinary tract. However the pharmacotherapeutic and pharmacokinetic effects of ksharatvam from the Yavaksharadi Yoga, is a known fact i.e. ashmari chedana, bedhana, mutrakrichrahara (Table3).

CONCLUSION

Acharya Sushruta says 'Nidana parivarjana' (Avoidance of the causative factors) is a major treatment tool for any diseases. 'Gadanigraha' another text of Ayurveda advocates - if one obeys the pathyas, no disease will occur and if one never mind them and continues apathyas, no treatment is needed, as it is not going to be cured.

Yavaksharadi Yoga is an unexplored drug in the management of Mutrashmari having Ashmarighna, Deepana, Pachana and Mutrala property. Even though it is difficult to treat the disease Mutrashmari, the Yavaksharadi Yoga along with Takra shown significant result in Ureteric stone and definitely be simple to use and cost- effective management.

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